



Northfield Senior Center Newsletter

February 2023

The Northfield Council on Aging provides services to promote healthy aging of Northfield citizens ages sixty and older in Northfield and surrounding communities.

COUNCIL ON AGING STAFF & BOARD MEMBERS

Senior Center /CoA

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Program Assistant:

Linda Keech

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Debby Wiesen Kelly,

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Peter Vearling

Phone & Information:

(413) 498-2901 x 114

Email:

seniorcenter@northfieldma.gov

Website:

www.northfieldma.gov/seniorcenter

Address:

69 Main Street
Northfield, MA 01360

Friends of the Northfield Seniors!

Greetings! My name is Jan Herlihy and I have been a member of the Friends of Northfield Seniors since the spring, which has been a new venture for me.

I love Northfield and have lived here since 1977. I grew up as a city girl in Quincy, enjoying the beach where we swam daily.

Making the decision to attend UMass in Amherst gave me my first experience of rural living and I loved it. The day after I graduated from UMass in 1973, my visiting parents "stumbled" onto Northfield's 300th parade! I hadn't even heard of Northfield at that point. I moved to Northfield in 1977, built my current home in 1987 and raised two sons here.

Most of my career has been spent working with disabled individuals and elders. I was a long-term employee of the Dept. of Developmental Disabilities. My tenure coincided with the deinstitutionalization movement, returning frail and disabled people to the community, and supporting them in their homes. In the 70's I worked at Belchertown State School where individuals spent their days in a barren day hall with no activities or education.

In 1978 I moved to Hawaii for 2 years, obtaining my MSW degree from the University of Hawaii. My concentration was in Gerontology. That was an interesting cross-cultural experience and studying on the beach was fun but distracting!

I opened the Greenfield Adult Day Health program in 1980, a program for disabled and frail elders. Subsequently I worked at Templeton Developmental Center and then returned to Belchertown State School until its closing in 1991. I transferred to the DDS Area office in Northampton at that point and spent 25 years supporting individuals in the community. The closing of Belchertown State School was an amazing accomplishment and greatly enhanced the lives of those with intellectual disabilities.

After retirement I served on the Board for the United ARC in Greenfield. I have been involved with the Friends of the Dickinson Memorial Library for over 25 years. I love our library! Retirement is awesome and I'm greatly enjoying our home, our woods and golfing with my husband Dan Zimmerman.

Jan Herlihy, Friends of the Northfield Seniors member



Public Health

Prevent. Promote. Protect.

Cooperative Public Health Service

Franklin Regional Council of Governments

Drop-In Nursing Hours February 1st, 12:30-2:30 p.m.

Everyone is welcome, no appointment is needed for Drop-In Nursing. Confidential services available at walk-in wellness times include blood pressure, blood glucose checks, support with managing chronic health conditions and self-management of medications, sharps disposal and container exchange.

This nursing service is provided on the first Wednesday each month by nurses **Meg Ryan** or **Lisa White** from the **Cooperative Public Health Service of the Franklin Regional Council of Governments**.

If you need help finding a COVID Vaccine or for more information, contact Meg Ryan, RN at mryan@frcog.org, 413 774-3167 x 158, or Lisa White, RN, lwhite@frcog.org, 413 774-3167 x 156. Come and say hello!



SPECIAL Northfield 350th Birthday

COFFEE HOUR

THURSDAY – February 2nd

1:00 – 2:00 p.m.



Northfield is having a birthday! Mary King from the 350th Committee will talk about events planned over 2023 to commemorate Northfield's history. From children's activities to musical performances to historical events and outdoor exercise, there is something for everyone!

&

Coffee Social

MONDAY – February 6th

10:00 a.m. – Noon



Speaker at 11:00 a.m.

Speaker, Seth Goldstein*, from GFLD Savings Bank



Be Safe Online – Cybersecurity Resolutions for the New Year

Please join us for a fun opportunity to improve our cybersecurity IG and learn a few basic resolutions that will keep us all safe online in 2023.

Everyday activities use the Internet more than ever before. Cars, phones, TV's, watches, and even appliances are all getting inter-connected and made 'smarter'. Using them safely is our responsibility and developing good privacy habits is a must today.

**Seth is an Information Security professional and is responsible for security awareness training at the bank. He's looking forward to sharing his top privacy tips as well as answering your questions.*

FEBRUARY Backdoor Take and Go Lunch!

*American Chop Suey, Garden Salad, Roll
Fruit Compote over Sponge Cake Cup for dessert*

Friday, February 10th @ 11:30 a.m.

Available for pickup at the Senior Center Kitchen Back Door.

Suggested Donation of \$6 per meal is appreciated to help cover our costs.

MUST RSVP by calling the Senior Center at 413-498-2901 x 114 or emailing seniorcenter@northfieldma.gov

By no later than 3:00 p.m. Monday, February 6th !

Brown Bag Program Accepting Applications! If you are having trouble keeping enough food on your table and would like some help, please contact the COA at: 413-498-2901x114 or email seniorcenter@northfieldma.gov for instructions on how to apply for monthly distribution of extra food (limited income service program).

Pick up is available on the FIRST THURSDAY of every month.



*** Free monthly community meals sponsored by the Franklin County Community Meals Program (FCCMP). Available every month on the 4th Thursday from 5-6p.m. for takeout at the Trinitarian Congregational Church (147 Main Street, Northfield).**

***RSVP the week before by**

Calling: 334-663-6541 OR e-mailing ldewitt@fccmp.org OR online at fccmp.org/rsvp.

Food Pantry is open at the Dickinson Memorial Library, 115 Main St in Northfield on the 2nd and 4th SATURDAY of each month, between 10:00 a.m.-1:00 p.m. Please Follow COVID-19 Posted Rules.



The Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, helps you stretch your food dollar to buy nutritious foods. Single people, families, the elderly, working couples – all types of people receive SNAP benefits. Eligibility is based primarily on household income and certain expenses. +To find out if you're eligible and to apply CALL The Food Bank of Western Massachusetts – SNP Department at 413-992-6204 for more information.

LOAVES & FISHES






Administered by the TCC Mission Committee, this Emergency Food Project assures applicants of confidentiality. This local non-profit also has funding available to assist with paying a portion of utilities and essential bills for those who have been furloughed, laid off or simply need emergency assistance.



Call Cathy Hawkins Harrison at 413-498-2038 for more information.

FEBRUARY

Further details for Programs on our Calendar are posted elsewhere in this Newsletter.

Monday	Tuesday	Wednesday	Thursday	Friday
 Reconnecting Northfield https://northfield350.org/	350 th KICK – OFF WEEKEND February 18 th & 19 th	1 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY 12:30 – 2:30 PM Nurses Available	2 RSVP for Art Class 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall BROWN BAG pickup @ 11:30 AM 1:00 PM  SPEAKER 350 th Nfld Birthday	3 Senior Center & Town Hall CLOSED on Fridays
6 Last day to RSVP for Take & Go Lunch Speaker @ 11 AM 10:00 AM - Noon Coffee time snacks & knitting  1:00 PM BRIDGE	7 11:00 AM "Sending Love" Cards ART CLASS 1:00 – 4:00 PM Samba card game	8 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance Class Zoom ONLY	9 RSVP for Art Class 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 12:30 PM – TED TALKS 1:00 PM Knitting	10 11:30 AM Take & Go Lunch pickup by reservation *Senior Center OPEN until 1 PM
13 1:00 PM BRIDGE	14 Foot & Blood Pressure Clinic By appointment only Special 2:00 PM Live Play "An Accidental Wedding" 1:00 – 4:00 PM Samba card game	15 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY	16 9:30 AM 60 + Yoga (Libby) Zoom & In-person @ Town Hall 11:00 AM – "Bird Seed Cakes" ART CLASS	17 Senior Center & Town Hall CLOSED on Fridays
20 HOLIDAY OBSERVED Town Hall and Senior Center CLOSED	21 1:00 PM CoA Board Meeting 1:00 – 4:00 PM Samba card game	22 9:00 AM BRIDGE 10:30 AM Healthy Bones and Balance class Zoom ONLY Special: 1:00-3:00 PM Coffee time with Audiologist Julie Fisher	23 9:30 AM 60+ Yoga (Libby) Zoom & In-person @ Town Hall 10 AM – Noon Internet Café  1:00 PM Knitting	24 Senior Center & Town Hall CLOSED on Fridays
27 10:30 AM "Happy Feet"  1:00 PM BRIDGE	28 Foot & Blood Pressure Clinic By appointment only 9:00-11:00 AM Veterans' Services with Brian Brooks 1:00 – 4:00 PM Samba card game	INCLEMENT WEATHER & CLOSINGS: Listen to TV Channels 22, 40, Radio WHAI, Bear Country & Wizz radio. When the Northfield Schools are closed the Northfield Senior Center will be closed.		

ART CLASSES

New participants always welcome to come and learn.



“Sending Love” Cards

Wednesday, February 7th

Starting at 11:00 a.m.

Join us in making 2 greeting cards using stamps and beautiful paper. They can be for a loved one, a friend or other special person in your life. You will learn some basic stamping techniques and tips for making unique cards. All materials are included.

Come join our Art Class by Barbara King

PRE-REGISTRATION/ RSVP DUE BY 2/2/23

Call 413-498-2901 x 114

Cost is \$8.00 for all materials and professional instructions.

Minimum of 4 people and maximum of 8 people



“Bird Seed Cakes”

Thursday, February 16th

Starting at 11:00 a.m.

Come join us to make bird cakes to hang in our yards for our local wild birds. In the winter when food is not as plentiful for them, it's nice to provide a healthy boost to our birds' diets.



Although not required, **Please bring** your favorite mixing bowl and mixing spoon., if you want to make a bird cake in a shape, bring a cookie cutter or two. Everything else will be provided

Come join our Art Class by retired art teacher Ginny Rockwood.

PRE-REGISTRATION/ RSVP DUE BY 2/9/23

Call 413-498-2901 x 114

Cost is \$5.00 for all materials and professional instructions.

Minimum of 4 people and maximum of 12 people



Life Path is continuing to assist folks with Medicare questions by calling LifePath's main number (413) 773-5555 ask for **SHINE**.

SHINE - Servicing the Health Insurance Needs of Everyone



"Happy Feet" Walking group

*** New meet up times for the winter ***

In the event of steady rain or sleet/ice the walk will be canceled.



Monday February 27th starting at 10:30 a.m.



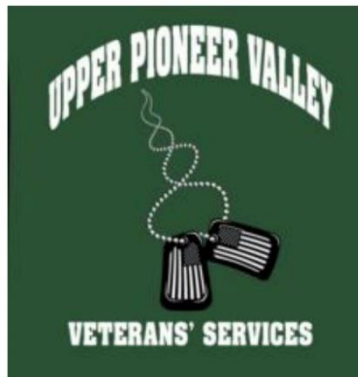
Meet at the Turners Falls Canalside access road leading to Cabot Station. Take Avenue A, take a right at Simon's Stamps (11th Street), go over the bridge into the "Patch" neighborhood. Take your first left and drive to the parking lot at the Cabot Station. This walk is flat and plowed so a great walk for all levels of walkers.



warm sweaters) are welcome

Dogs on leashes (wearing

We will resume our Happy "Little" Feet recess activities in the springtime. See you soon ☺



Veterans' Agent Hours February 28th 9:00 – 11:00 a.m.

As a member of the Upper Pioneer Valley Veterans' Services District, Northfield now has a veterans' agent conducting outreach hours at the Northfield Senior Center - the **Fourth Tuesday of every month.**

They will provide information on veterans' benefits for veterans and their dependents and schedule one on one appointments as needed.

Please call the Veterans' Services office at 1-413-772-1571 for more information or the Northfield Senior Center Director at 1-413-498-2901 X 114 to speak with Colleen Letourneau.



Neighbors at Home

Call in your service requests – **New # 413-200-8183**

Contact: info@neighborsathome.org or

service@neighborsathome.org www.neighborsathome.org.

As of July 1, 2022, member fees will be \$60 for an individual and \$90 for a household.



Frank Turner, Jr.

June 4, 1933–December 28, 2022

Elizabeth Holloway

October 8, 1927 – January 7, 2023

60+ YOGA

Zoom and in-person at the Northfield Town Hall

Thursdays 9:30 - 10:30 a.m.

***see statement below**

Based on the gentle **Viniyoga™** approach, this class is accessible to people with any amount of flexibility and yoga experience. We'll be working in and around a chair: standing is optional. Alternatives are offered for anyone who prefers to remain seated. *Beginners welcome!* Explore how the tools of yoga can help you

- move with more ease,
- balance with greater confidence,
- breathe more deeply,
- think more clearly, and
- sleep more soundly.



Open to anyone 60+ living in Northfield and surrounding towns. *Funded by a combination of state and federal grants administered by Lifepath, Inc. and the Town of Northfield, MA*

Donations appreciated but not required. *If you'd like to donate, please make checks payable to the "Northfield Council on Aging", write "Exercise Fund/60+ Yoga" on the Memo line, and mail to Northfield Senior Center, 69 Main Street, Northfield, MA 01360.*

Donations ensure the continuation of this valuable program.

***New students** must register in advance and complete a Waiver prior to attending first class.

To register/ for more info: call or text 413-834-4524 or email libby@yogalibre.net.

"Class via Zoom only" when: The Senior Center is Closed ~ The local schools are closed due to inclement weather and Senior Center programs are also cancelled in the Town Hall.



Healthy Bones and Balance Classes

Every Wednesday starting at 10:30 a.m.

ZOOM only

(An email with the Zoom link will be sent to registered participants.)

All Are Welcome

- ✓ COVID Safe – Comfort of your own home via zoom invitation
- ✓ Low Impact (provide your own sturdy chair)
- ✓ Focused on Improving Balance and Core Strength
- ✓ Adaptive ("weights" = canned goods; "exercise balls" = rolled socks)
- ✓ FREE TUITION – Thanks to a partnership with RSVP (Retired Senior Volunteer Program)!!

To register/for more information email seniorcenter@northfieldma.gov

Reserve your spot by calling or emailing the Senior Center at (413) 498-2901 x 114



Knitters and Crocheters!

2nd & 4th Thursday each month @ 1:00 – 2:00 p.m. and at coffees



THIS MONTH:

February 9th @ 1:00 p.m.

February 23rd @ 1:00 p.m.

Our current project is learning to knit **SWEATERS!** Bring your yarn, patterns and supplies. If interested in knitting sweaters from your home, please contact Betty Whitcomb at l.enfantd.hiver@gmail.com.

Please note that on the second Thursday of each month, the Senior Center airs TED talks starting at 12:30. Knitters are welcome to attend the TED talks, but there will be no knitting related discussion until 1:00 when TED Talks ends.



Continuing ** INTERNET CAFÉ ** Continuing
Thursday, February 23rd
10:00 a.m. – Noon
Free Wi-Fi



DROP IN bringing your own tech devices (laptops, tablets, smartphones).

OR

RSVP (413-498-2901 X 114) for instructions on using our iPads. The four iPads that we have are also available for short-term loans, after completing an application. iPads were purchased through a grant from Life Path.

Linda Keech & Carol Pike will be on hand for Senior Center iPad instructions or assistance with using your personal tech devices.

CARD GAMES



Ongoing ~ SAMBA

Every Tuesday each month 1:00 – 4:00 p.m.

A variant of Canasta, you're invited to observe and learn from an experienced group of players. New groups can form when more participants are interested.



Ongoing ~ BRIDGE

Every Monday afternoon 1:00 - 4:00 p.m. and Wednesday morning 9:00 a.m. – Noon.



SAND/SALT BUCKETS STILL AVAILABLE

Contact the Senior Center 413-498-2901 X 114 to reserve your bucket for use during this winter season.



An Accidental Wedding

Play by Steve Henderson

February 14th

2:00 p.m.

A hilarious encounter with a wouldn't-be groom, an irate match maker and a tall tale like they write tall tales about. A highly interactive, roll in the aisle comedy you won't want to miss. One-Act, about 45 minutes.



This program is supported in part by a grant from the Northfield cultural council which is supported by the Massachusetts Cultural Council.



"Ask the Audiologist"
February 22nd
1:00 – 3:00 p.m.



With Julie Fisher, Au.D., CCC-A

Audiologist, Baystate Rehabilitation Services, Baystate Franklin Medical Services
Coffee, presentation and discussion followed by screening for anyone interested with her portable audiometer.



COMMUNITY ACTION
VITA FREE TAX
ASSISTANCE PROGRAM

We are scheduling in-person
appointments January 30 – April 11.
Income limits apply.

Tax clinics in Greenfield, Northampton, and Orange.

VITA helps taxpayers with lower income maximize their tax refund and reduce their taxes due. Taxes are prepared by IRS-certified volunteers, and then filed electronically.



Over 65 and paying too much for your rent or mortgage? You could be eligible for the MA Senior Circuit Breaker Credit! You might not be required to file a federal return, but don't miss out on this state money! Get up to a \$1,200 refund when you file with our IRS-certified volunteers.

Schedule an appointment by phone (413) 376-1136
or online www.communityaction.us/taxes





TED TALKS

hosted by

American House Senior Living Communities Keene N.H.

Thursday, February 9th @ 12:30 p.m.

"Love of Sports"



- 1. On tennis, love and motherhood - Serena Williams and Gayle King**
- 2. Why people love watching sports - Kate Fagan**

We'll discuss interesting and informative short films on a variety of subjects. Ted Talks comes to you the 2nd Thursday of the month 12:30 – 1:00 p.m.

- If interested in receiving the zoom link, email: keeneassistant@americanhouse.com

OR better yet,

Come to the Senior Center and watch Ted Talks with us on our flat screen TV.



Foot & Blood Pressure Clinics

Foot Clinic open for LIMITED in-person appointments!

2 Clinic this month: February 14th & 28th

Please call for dates and availability 413-498-2901, ext. 114.

(Slots fill up fast)

Foot Clinics are two Tuesdays every month! Nail trimming, simple consultations, will trim fingernails too. Blood pressures by request. Dates are posted on the monthly calendar. Mask required.

Service is free; donations appreciated for supplies and for Council on Aging programs.



Franklin Regional Transit Authority

FRTA

Senior Van support

Call the VAN SERVICE! (413)768-1824

48 Hours Notice

Leave a MESSAGE with a call back number.

Safe! Easy! Affordable!

Vans are Sanitized and Accessible! MASKS REQUIRED

Medical Appointments

Hairdresser

Groceries

Bank

Pharmacy

Coffee